



# RELAX & RECHARGE

NOVEMBER 16 2019  
YMCA CAMP ALEXANDER

EVENT PARTNER



## NEW FRIENDS. NEW LESSONS. NEW ADVENTURES.

The SOUTH WOOD COUNTY YMCA "Women's Wellness Day" is an opportunity for women to come together and create community around personal health and wellness.

While at beautiful YMCA CAMP ALEXANDER, women will enjoy a relaxing and rejuvenating day.

**7:30am** Registration

**8:00am** Welcome

**8:15am - 11:15am** Program

"Belief Talk" Allysia Parker

The woman you should believe in most, is yourself. It's easy to believe in others and their capabilities, yet when it comes to believing in the things you are called to, self doubt inevitably kicks in. In this session we will dive into you, your self talk, your behaviors, and how to let go of the doubt and fear clouding your ability to believe in you.



**9:00am** "Girl Talk" Dr. Kolrud & Dr. Mellott

Aspirus OB/GYNs, Dr. Bonita Kolrud and Dr. Elizabeth Mellott, will answer all your "lady parts" questions on topics such as PMS, menopause, incontinence, sexual health, pelvic health, and more. Dr. Kolrud will also discuss some of the cosmetic procedures she performs at Aspirus Riverview Medi-Spa, including Botox, fillers, peels and microneedling.



**10:00am** "Creating Your Dream Life" Dr. Richelle Hoekstra-Anderson

As women we are prone to getting caught up in routine busyness -running on empty, trying to survive another day or week. But what if you LIVED YOUR LIFE BY DESIGN guided by a clear VISION of your future? In this presentation you will be invited to tune into your HOPES AND DESIRES for the future as you begin the process of CREATING your dream life.



**11:00am** Lunch

**12:00pm** Healthy Activities

You choose ...

- A yoga class taught by YMCA professional staff
- An enjoyable outdoor activity at camp - Weather dependent
- Relaxing time spent with friends reconnecting

**1:00pm** Meditation

**1:30pm** Peace Out . . . Program concludes

This program offers everything you need to

**RELAX & RECHARGE**

your spirit, mind, and body.

**REGISTER AT SOUTH WOOD COUNTY YMCA | \$30/PERSON**

Stop in at the Wisconsin Rapids or Port Edwards location or call 715.887.3240 | Online at [www.swcymca.org](http://www.swcymca.org)

Limited Space. Register by November 9, 2019.